

Externship Training Program

PSYCHOLOGY

2007-2008

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**APPLYING FOR PSYCHOLOGY EXTERNSHIP TRAINING
SAN FRANCISCO VA MEDICAL CENTER
TRAINING YEAR 2007-2008**

We are offering externship training this year in the areas of Health Psychology (with Dr. Timothy Carmody), Neuropsychology/Assessment (with Dr. Johannes Rothlind), PTSD Clinical Team (PCT) (with Dr. Victoria Tichenor), Geriatrics/Extended Care (GEC) (with Dr. Michael Drexler), Substance Abuse Program (with Dr. Kellie Rollins) and Community Mental Health with an Emphasis on Substance Abuse and Posttraumatic Stress Disorder (PTSD) (with Dr. Patrick Reilly). A copy of our Psychology Predoctoral Training Program brochure is available on this website, if you would like more information about our training site. On the following pages are specific descriptions of the externship experiences.

Please indicate clearly which experience(s) you are applying to in the “goals” section of this application. On the application cover page, please rank order your preferences if you are applying in more than one area.

It is important that applicants be aware that we make a clear distinction between “internship” and “externship” training, and applicants are asked to sign a brief statement at the end of our externship application so as to avoid any misunderstanding. We use the term externship to denote a part-time (less than 40 hour/week) unfunded practicum experience with a concentration in a particular area. The confusion sometimes arises because such a training experience may be termed an “internship” by your program, however, we reserve the term internship for our full-time, funded, APA-accredited training slots. Please note that only APA-approved program graduate students may apply.

It is expected that an applicant for externship plans to go on to a full time internship training later in his/her graduate education. The hours accrued as an extern at our medical center are not counted for California licensure.

To apply, please complete the enclosed application materials as soon as possible. For questions about the specific rotations, you may contact Drs. Carmody, Drexler, Rollins, Rothlind, Tichenor or Reilly at the number below. After your application file is complete, we may contact you to arrange an interview. Application deadline is **February 8, 2007**.

While we will make efforts to coordinate our externship selection with the CAPIC selection guidelines, we are not a member of that organization and we are ultimately not bound by its rules.

We are looking forward to reviewing your application. For additional information/questions, please contact:

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Russell Lemle, Ph.D.
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RL:gp
Enclosures

2007-2008 PREDOCTORAL EXTERNSHIP TRAINING
Mental Health Service/Psychological Services 116B
Nursing Home Care Unit
San Francisco VA Medical Center

GERIATRICS/EXTENDED CARE

Training in the Geriatrics and Extended Care (GEC) Line at SFVA includes involvement at the Nursing Home Care Unit (NHCU) and Home Based Primary Care Program (HBPC), and may involve some activity in the Geriatrics Clinics. Trainees are under the supervision of Michael Drexler, Ph.D. GEC trainees (i.e., Psychology Externs or Postdoctoral Fellows attached to GEC) generally contract for 16-20 hrs/wk (at the discretion of Dr. Drexler). Graduate level trainees who have the best experience are usually in their 3rd year or beyond, and can function within a complex interdisciplinary environment. Some aspects of the experience include the following:

I. Seminars/Meetings

- A. Weekly Geropsychology seminar--didactic presentation one week with rotating case presentations and case discussion
- B. Attendance at Selected Interdisciplinary Team Meetings--NHCU/HBPC: interdisciplinary teams meet weekly to discuss patient issues, and trainees are expected to attend and provide feedback and suggestions directly to the team
- C. Geriatric psychotherapy seminar--weekly case conference

II. Intervention/Psychotherapy—

- A. Supportive psychotherapy interventions
 - 1. NHCU--often issues related to adjustment, depression, chronic pain, and interpersonal functioning in a nursing facility--also, end of life issues especially with those in palliative care (hospice)
 - 2. HBPC--similar issues, but with experience in making home visit
- B. NHCU/HBPC--behavioral case management: evaluation and consultation to team about approaching various individuals with problematic behavior such as non-adherence to medical treatment regimen, confusion, manipulation, and so forth.
- C. Environmental interventions--suggestions regarding environmental manipulation to address behavioral issues and cognitive loss, both at the NHCU and in-home through the HBPC.

III. Assessment

Assessment--neuropsychological and psychological, with complex questions related to such things as capacity for decision making, differential diagnosis, treatment compliance, and so forth. Differs from the general Neuropsychological/Psychological Assessment rotation in that patients are in a SNF and/or HBPC, and in the choice or focus of tests/assessment techniques.

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Mental Health Service/Psychological Services 116B
San Francisco VA Medical Center

HEALTH PSYCHOLOGY

Description of Current Predoctoral Externship Training

The Health Psychology Program provides clinical training in various aspects of behavioral medicine, including pain management and cognitive-behavioral treatment of anxiety, depression, and somatoform disorders. Clinical training is provided in other aspects of behavioral medicine including adjustment to chronic illness, smoking cessation, weight control, and treatment of psychophysiological disorders. The predoctoral externs in Health Psychology provide psychological consultation and conduct stress and pain management therapy (both group and individual), biofeedback, and hypnotherapy. In addition, they co-lead weight control groups and serve on interdisciplinary teams in the areas of pain management and smoking cessation.

Supervision

Clinical supervision is provided by Timothy P. Carmody, Ph.D., Director of Health Psychology Program. Supervision is provided in weekly one-on-one sessions, case conferences, and co-therapy experiences in cognitive-behavioral groups. Externs also participate in interdisciplinary case conferences.

Didactic Training

There is a weekly Health Psychology Seminar. Topics include chronic pain, psychophysiological disorders, coronary-prone behavior, stress management, smoking cessation, cognitive-behavioral therapy, biofeedback, and hypnosis. There are also presentations on various topics in general medicine including coronary heart disease, hypertension, diabetes, chronic obstructive pulmonary disease, and cancer.

Predoctoral Externship Positions

There are two predoctoral externship training positions available in the Health Psychology Program during any given training year. Predoctoral externship training in Health Psychology is structured as a part-time (16-20 hours/week) training experience over a 12-month period. The training year begins on July 1st and continues through June 30th.

Predoctoral externs in Health Psychology spend their time as follows:

<u>% Effort</u>	<u>Hrs/wk</u>	<u>Training Activity</u>
75	11-15	Direct patient care
10	2	Seminar/didactic Training
15	3	Supervision

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NEUROPSYCHOLOGY

The externship in Neuropsychology is a one-year half-time position (approximately 20 hours per week). The training year begins on July 1st and extends to June 30th.

The Neuropsychology Program provides training in neuropsychological evaluation and consultation. Externs participate in weekly didactic training and case-conference meeting (2 hours). A variety of assessment techniques are taught and practiced, and basic psychometric principles are reviewed. Trainees gain experience applying a hypothesis-testing approach to the neuropsychological evaluation, and learn to select and integrate methods from clinical interviewing, intelligence testing, cognitive screening assessments, the Halstead-Reitan and Boston Process approaches to neuropsychological assessment, projective testing, and traditional self-report techniques (MMPI-2, PAI, NEO-PI-R, etc.). Basic neuroanatomy is also reviewed in these seminars. Further opportunities are available for attendance at brain-cutting and psychiatry and neurology rounds.

The Neuropsychology Program evaluates inpatient and outpatients from all programs of the SFVAMC, inpatient and outpatient, and patients referred from VA clinics and programs in the surrounding region. Trainees will have an opportunity to perform evaluations and participate in the weekly multidisciplinary Memory Disorders Clinic, and may also consult to the multidisciplinary triage clinic of the Mental Health Outpatient Service. Other patients are scheduled individually for appointments in our clinic or are seen at the bedside.

Trainees participate in all phases of patient evaluation and consultation, including information gathering, assessment, scoring and interpretation, report writing and case-conferences, feedback and counseling.

Dr. Rothlind is the supervising psychologist for this training experience, and has been the Director of the Neuropsychology Program at the SFVAMC since May, 1995. Prior to joining our Service, he served on the faculty of the University of Maryland School of Medicine (1992-1995), where he also provided training and supervision in the area of clinical neuropsychology. He is licensed as a Psychologist in California.

2007-2008 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM

Mental Health Service San Francisco VA Medical Center

POSTTRAUMATIC STRESS CLINICAL TEAM (PCT)

The Posttraumatic Stress Disorder Clinical Team (PCT) at the Department of Veterans Affairs Medical Center, San Francisco, offers 16 hour psychology practicum placements (externships). Trainees will gain experience with in depth assessment and individual and group psychotherapy for PTSD. Supervision is provided by Victoria Tichenor, Ph.D., a licensed psychologist and Shira, Maguen, Ph.D.

Supervision breakdown is as follows:

- One hour weekly with Ph.D. psychologist
- One hour weekly with postdoctoral psychology Trauma fellow
- One hour weekly group supervision of assessment with PCT staff, postdoctoral fellow, psychology interns and psychiatry residents
- One hour weekly didactic covering clinical issues, biology, theory, research and trainee case presentations
- One hour weekly group psychotherapy consultation with Ph.D. psychologist and postdoctoral fellow. Videotapes utilized.
- One half hour with co-therapist following group therapy meetings

PTSD Clinical Team Description

The Posttraumatic Stress Disorder Clinical Team (PCT) specializes in the outpatient treatment of veterans who have PTSD related to combat, combat support/training, or sexual abuse in the course of active duty military service. Our PCT is one of the largest in the nation with regard to clinical activity. The majority of the population in PCT is male Vietnam veterans, with large representation of WWII veterans and increasing numbers of veterans from modern deployments (i.e., Afghanistan, Iraq War, Persian Gulf War, and peacekeeping operations). We also have an active program providing services for spouses and partners of veterans in the PTSD clinic. Women veterans are represented in all eras and are increasing in their requests for services from modern deployments. Military sexual trauma is a major emphasis of the clinic, serving both male and female veterans. Many of our veterans suffer from co-morbid disorders, depression and substance abuse being the most frequent. Issues regarding medical illness, chronic pain, postwar adjustment, and relationship stress are increasingly common. Our population is quite diverse, with multiple ethnicities (significant numbers of Filipino American veterans), ages, sexual orientations and levels of SES represented.

The PCT is dedicated to providing comprehensive outpatient treatment for veterans suffering from posttraumatic stress disorder. Although we are in a densely populated urban location, our area of outreach covers eight counties in Northern California and extends nearly to the Oregon border. Because the veterans we treat suffer primarily from chronic PTSD, we believe they require sustained and prolonged treatment. The secondary psychosocial effects of PTSD often pose as much a therapeutic challenge as the primary symptoms of the disorder. Thus, we see it as vital that a multi-modal approach to treatment be employed. This approach includes a variety of treatment components provided by the PCT and a close collaboration with the excellent clinical resources within our Medical Center's Mental Health Service. The objectives of the treatment interventions are to reduce the intensity of symptoms and maximize social and vocational functioning. There is also an emphasis upon coordination of care with the other medical services in the Medical Center to optimize attention to physical problems. Veterans co-morbid for alcohol/substance abuse are referred for evaluation and treatment to the Substance Use PTSD Team (SUPT) or other specialized Substance Abuse treatment programs in the Mental Health Service. The PCT staff provides consultation to the various clinic services throughout the SFVAMC, Community Based Outpatient Clinics, the Veterans Readjustment Counseling Centers in the San Francisco Bay Area, as well as to agencies and private clinical practitioners in the community at large. \

The PCT is organized to provide five stages of treatment to veterans with PTSD: 1) evaluation, 2) stabilization, 3) exposure/uncovering, 4) integration and relapse prevention and 5) maintenance. Evaluations are coordinated by the postdoctoral trauma fellow and conducted by all members of the PCT staff and professionals in training with the PCT. The Director of the PCT supervises the day to day clinical activities of the PCT. The postdoctoral fellow is responsible for leading the weekly meeting in which intake assessments are distributed, the process of evaluation is discussed and treatment plans are determined. The director of the program, all psychology staff and all trainees with the PCT attend this meeting. Stabilization treatment is particularly important for our newly returning and MST veterans. We have recently added two staff positions to develop further programming for these veterans. For the stabilization stage of treatment, the main focus is upon biological, social, cognitive and educational strategies with rapid referrals for medication evaluation, couples, structured groups and brief individual treatments. Prolonged exposure and uncovering treatment is conducted individually and in groups. Psychology staff on PCT has particular expertise with exposure based models and other evidence based treatments for PTSD (e.g., Cognitive Processing Therapy). Integration and relapse prevention are accomplished primarily through group treatment, with several of our groups in PCT running long term. Medication management is also a long term strategy for many veterans in the clinic. Because of the chronicity of PTSD, many veterans participate in less intensive maintenance treatments, again with group and psychopharmacological interventions predominating.

Treatment Modalities

Group Therapy: Short and long term groups are available to provide treatment interventions at each stage of treatment. The groups include: 1) PTSD education group (ongoing) provides information about PTSD and its consequences and serves the function of both stabilization and maintenance treatments, 2) trauma focus groups (6 to 12 months) – exposure/uncovering therapy in a group context, 3) integration and relapse prevention groups (1 to 2 years) draw from the experience of the trauma focus work and examine it in the context of present day coping style and skills. The objective is to solidify gains in symptom reduction from exposure/uncovering treatment and

emphasize optimal psychosocial functioning, 4) maintenance groups (duration indefinite) provide support, structure and reinforcement of skills learned in prior stages of treatment and to deal with inevitable symptom exacerbation, 5) stabilization groups (brief) We currently have a Modern Deployment Psychotherapy Group and will be adding a second group in the next few months. This group is comprised mainly of returnees from the Iraq War and focuses on weekly themes related to adjustment (e.g., relationships, employment reintegration, emotional regulation) This group also contains a psychoeducational component, 6) structured groups such as DBT and Seeking Safety (3 months), 7) MST groups for men and women (12-14 weeks), 8) partners group (12-14 weeks) which provides education, support and insight to partners of veterans with PTSD

Individual Therapy: The PCT provides individual therapy when indicated. Individual therapy may be provided: 1) to stabilize a patient in crisis, 2) to provide psychoeducation and assistance with adjustment for newly returning veterans, 3) to provide exposure, behavioral therapy or focal dynamic treatment, 4) to provide adjunctive therapy to group work when the task of the group does not fit with specific issues of a patient 5) to address acute symptom exacerbation for ongoing patients and 6) to prepare a patient for group treatment.

Family Therapy: In PCT, most conjoint therapy is couples. Couples treatment is offered throughout all stages of treatment in the clinic.

Psychopharmacology Clinic: The PCT has a specialized Pharmacology Clinic staffed by all of the PCT psychiatrists. Patients are referred to the Pharmacology clinic by clinicians in the PCT and from clinicians in the community, such as the Veterans Readjustment Counseling Centers. The clinic provides a review of medical status and often serves as a primary referring source to other medical clinics in the Medical Center. The Pharmacology Clinic is available to veterans in the PCT during any stage of the treatment process. Duration of treatment is determined by the presenting symptoms. Case management based maintenance treatment is often a component of long term medication treatment.

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Mental Health Service

SUBSTANCE ABUSE PROGRAMS
Substance Abuse Day Hospital (SADH) &
Opioid Replacement Team (ORT)

The Substance Abuse Programs (SAP) in the Mental Health Service is comprised of several programs combined to address the individual and diverse treatment needs of substance dependent veterans. Externs will have the opportunity to train in both the Substance Abuse Day Hospital (SADH) and the Opioid Replacement Treatment Program (ORT). The SADH is a 2-week intensive day program geared towards persons in early recovery. This program is often the first step in the recovery process for veterans at the SF VA Medical Center, where veterans participate in intensive substance abuse treatment to prepare them for less intensive outpatient programs to continue their recovery work. In addition to the SADH, externs will receive training in the ORT. The ORT is an outpatient substance abuse treatment program geared primarily toward opioid dependent patients. The SAP programs function as multidisciplinary teams, including psychologists, psychiatrists, nurses, addiction therapists, occupational therapists, and vocational rehabilitation specialists.

This externship will provide graduate students in clinical psychology an opportunity to learn about substance use disorders and the interactive effect substance abuse has on psychological, medical, and psychosocial treatments for patients in a hospital setting. Training opportunities include participation in daily patient rounds and clinical team meetings as an integral part of a multidisciplinary team, psychodiagnostic and intake assessments, co-facilitation of psychotherapy groups, and individual psychotherapy cases. The extern will also have the unique opportunity to plan, develop, and implement a psychotherapy group of choice with the substance abuse postdoctoral fellow. Examples of such are DBT groups, Seeking Safety groups, Interpersonal Psychotherapy groups, Alcohol Recovery, Social Skills groups, and others.

The majority of SAP patients have co-occurring psychiatric and medical disorders, as well as problems with other illicit and licit substances (e.g., stimulants, alcohol, nicotine, benzodiazepines.) Therefore, by the end of the training year, externs will be proficient in the diagnosis and treatment of substance use disorders among populations with co-occurring psychiatric and medical conditions. These clinical experiences will be supplemented with weekly individual supervision by Kellie Rollins, Psy.D., psychologist and Clinical Supervisor for the ORT program, consultation with David Kan, MD, psychiatrist and Clinical Team Leader of the ORT, as well as supervision with the assigned postdoctoral fellow. In addition, externs may participate in the fellow's didactic substance abuse seminar led by Joan Zweben, Ph.D., a nationally recognized leader in the substance abuse field, and Peter Banys, Director of SFVAMC Substance Abuse Programs.

2007-2008 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM

Mental Health Service

SANTA ROSA VETERANS AFFAIRS COMMUNITY BASED OUTPATIENT CLINIC

SUBSTANCE ABUSE AND POSTTRAUMATIC STRESS DISORDER (PTSD)

The Santa Rosa Veterans Affairs Community Based Outpatient Clinic (CBOC) is a satellite clinic of the San Francisco VA Medical Center. The CBOC serves veterans residing in Northern California and offers treatment and services for both medical and mental health problems. The Mental Health Clinic provides services for an array of mental health problems, such as depression, substance abuse, and posttraumatic stress disorder.

The Mental Health Clinic offers two 16-hour a week externships to predoctoral or postdoctoral students enrolled in local APA accredited psychology programs. The primary focus of the externships is on substance abuse and posttraumatic stress disorder (PTSD), although other mental health problems are also addressed. The extern will function as part of a multidisciplinary team consisting of psychologists, psychiatrists, social workers, counselors, and clinical nurse specialists. The extern will receive clinical and didactic training in the assessment and treatment of substance abuse, PTSD, and other mental health problems, and will learn individual and group therapy skills, cognitive behavioral techniques, and gain exposure to psychopharmacology. Training is under the direction of Patrick Reilly, Ph.D. and weekly supervision is provided by Dr. Reilly and Stephen Pennington, Ph.D., both licensed psychologists.

There is a specific focus on a phase-oriented model of substance abuse treatment that emphasizes group treatment, although individual therapy is provided when clinically indicated. PTSD treatment is provided with a largely here and now focus, although a more intensive trauma focus approach is offered to those patients who can benefit from this more in-depth type of therapy. Other treatments options available to the extern are anger management and stress management groups. The extern will also participate in a weekly substance abuse and PTSD training seminar focusing on evidence based treatment.

Deadline: **February 8, 2007**

Please Type

APPLICATION

San Francisco VA Medical Center
Psychology Externship Training Program

Please rank order those areas of training to which you are applying:

_____ Health Psychology
_____ Neuropsychology/Assessment
_____ Geriatrics/Extended Care
_____ Substance Abuse
_____ Community Mental Health
_____ Posttraumatic Stress Disorder

Identifying Information:

Name _____ U.S. Citizen _____

Mailing Address: _____

Home Address: _____

Work Phone: () _____ Home Phone: () _____

Graduate School _____ Director of Training _____

Program APA Approved? _____ In Clinical? _____ In Counseling _____ For Ph.D./Psy.D.? _____

Describe status in graduate program, both current and anticipated as of July 1 _____

Completion of course work for Ph.D.? _____; Completion of Qualifying Examinations? _____;
(If not, estimate completion date _____) (If not, estimate date _____)

Completion of Dissertation? _____; If not, estimate date _____

Application Checklist (Please make sure you have completed all parts below):

- _____ Completion of parts I, II, III, IV, and V of Application (attached).
_____ Three letters of recommendation sent to support your application.
Note: One of these must be from your Graduate School Training Director or Head of your Department. It should include the Director's approval of your seeking placement at the SFVAMC, confirmation of your graduate student standing, and description of where you are in your graduate training.
_____ Graduate Transcript. Feel free to clarify any part of your transcript which needs it (e.g.,
Course titles, grading system, etc.).

_____ Recent Vita and any other additional information you would like to provide.
_____ Four self-addressed mailing labels.

Mail Application Materials to: (Name of psychologist leading program to which you are applying)
Psychological Services 116B
Mental Health Service
4150 Clement Street
San Francisco, CA 94121

- I. - Please describe your outpatient clinical experience (including clinical settings, patient or client population, duties in each setting, and approximate number of supervised clinical hours in each setting). Also indicate if you expect to obtain additional outpatient clinical experience between the time of your application and the beginning of the externship. Discuss the nature of your supervised outpatient experience.

Total Number of Outpatient Hours Now: _____

Total Number of Outpatient Hours Expected by July: _____

- II. Please describe your inpatient clinical experience (including clinical settings, patient or client population, duties in each setting, and approximate number of supervised clinical hours in each setting). Also indicate if you expect to obtain additional inpatient clinical experience between the time of your application and the beginning of the externship. Discuss the nature of your supervised inpatient experience.**

Total Number of Inpatient Hours Now: _____

Total Number of Inpatient Hours Expected by July: _____

III. Please describe your assessment experience (including the names of the psychological/psychometric tests you have administered/interpreted). Approximate the number of each test you have given and the nature of the supervised experience you have received. Also indicate if you expect to acquire more assessment experience before July.

- IV. Please discuss your goals for the externship. Be specific regarding the types of clinical experiences you are seeking. Also, please describe how these goals fit within your overall plan for clinical training during graduate school.**

V. Agreement Regarding Representation of Training Experience

I, _____(printed name) understand that I am applying a training experience with the Psychological Services/Mental Health Service, San Francisco VA Medical Center that is classified as an “Externship.” Should I be accepted, I agree to represent this training at all times as an “Externship,” and I agree not to represent it anywhere (whether verbally, on a CV, to a license agency, etc.) as an “Internship” or as part of an internship. While my graduate school may count this externship experience toward its internally defined criteria for satisfying “internship” requirements, I will make sure that it does not represent to anyone externally that I obtained part or all of an “internship” at the SFVAMC.

Signature

Date